

PEOPLE PLEASING AND PEER PRESSURE

Everyone doesn't get to sit on the
front row of your life.

Who is in Your Front Row?

Lesson Summary

Teacher: 30 Minutes

This lesson addresses people pleasing and peer pressure.

Define it:

People Pleasing is when we fail to consider our inner voice and our conscience, and instead choose to listen to the voice of others. Following other people can be positive if that person leads you in a morally right way and supports health and peace. But we often listen to people who lead us in the wrong direction. These people usually need to control and manipulate others instead of showing their true selves.

Let's Look At An Example.

You are at a football game with some kids from your school. Right before it begins, you run to the bathroom with a friend you feel you can trust. You share some very personal business with them, asking for some advice. Almost all the kids in your class are laughing, pointing, and joking about your business the next day. Is that kid your friend? What are you going to do?



Let's look and discuss:

Our lives can be changed with one bad decision, so we need to be careful who can see us up close. Associates are people that you know, people whose faces you recognize. Friends are people that know you; they are the people closest to you. They can sometimes be your family members. They know personal things about you and should be people you can trust and rely upon. Associates are not people you allow in your front row because they have not earned the right.

If you compare your life to a movie theatre and those closest to you get to see all your personal business, are they deserving of that seat? Have they earned that right? Are you a people pleaser?

Scenerio and Discussion

Your family is having some financial challenges at home, and you need to ask “a friend” to help you out by bringing your lunch or buying it at school. The next day that person brings you lunch, but you notice some kids looking at you strangely and whispering. You confront the person you call your “friend,” asking them if they told the other kids about your business. The person makes up some excuse but never gives you a complete answer. Does that person deserve to be in the front row of your life?

ASK YOURSELF...

- **Have they earned that right? Can that person be trusted?**
- **What can you learn from this?**
- **Now, if the shoe were on the other foot and you were the person that was confided in and you were asked to help, what choice would you make?**
- **Would you talk about that person and their challenges, or would you keep their business private?**
- **What would the responsible choice be?**



Who is in Your Front Row?

It's very important to do a self-check into your own life by looking to see who is seated in your front row. Because that means you are allowing them to have complete access into your life and you are giving them power to influence you. This is a right that should be earned, not given!!



Video and Discussion: Five Levels of Friendship – 10-15 Minutes



Everyone doesn't get to sit on the front row of your life.

1. Write the names of the people who would be sitting in the eight seats in the first row.

2. Are you a people pleaser? Why or why not?

3. Name somebody in your first row who has earned that right and why.

4. Whose front row are you sitting in, and have YOU earned that right? Why or why not?



After you complete this assignment, take it home to remind yourself.